



Plastic Surgery by Bram Kaufman, MD, FACS

Experience & Compassion

216-778-4450 Office

216-778-7800 After Hours

Post-Operative Instructions for Skin Graft

DIET:

Start your diet with clear liquids or a light soup. Most people can resume a normal diet the day of surgery. Advance your diet as tolerated to a regular diet over the next 24 hours.

You may experience some constipation as a result of the pain medication. I recommend a trial of over the counter laxatives such as Milk of Magnesia. If this is not sufficient, then a dulcolax tab or suppository may be necessary.

ACTIVITY:

I encourage you to be as active as possible in the first few post-operative days, gently exercising your legs while sitting or lying in bed. Walking short distances in the first few days is fine unless the skin grafts are on your lower extremities.

WOUND CARE:

Leave all dressings in place until you are seen in the office. You may notice some drainage or blood seeping through the dressings. This is quite normal and expected. Often the drainage is the result of the liquid used within the dressings.

Any residual surgical soap (yellow) or marker can be gently removed with rubbing alcohol.

Swelling, bruising, redness and of the skin is normal and will resolve over time.

BATHING:

I ask that no showers are taken until the first dressings are removed (sponge baths are ok).

PAIN CONTROL:

Take the narcotic pain medicine as needed. In two days it is recommended you take 600-800 mg of Ibuprofen (Motrin, Advil etc.) every 6-8 hours as needed. This can be taken with the narcotic. Please do not drive until you are no longer taking the narcotic and are free of significant pain.

EMERGENCIES:

If there is a problem, please call me, my office or the resident on call. Most issues are easily addressed and do not require significant intervention.

The most common emergencies that might need attention are:

- Nausea that lasts 4 hours or more and does not respond to medication
- Bleeding that is persistent and uncontrolled
- High fever lasting more than a few hours and not responding to medication
- Shortness of breath
- Chest pain
- Leg swelling
- Loss of consciousness

If you feel the situation is urgent, call 911 and/or proceed directly to the closest emergency room. Please call us as well.

FOLLOW-UP:

Follow-up is typically in 5-7 days and should be scheduled by calling Dr. Kaufman's office at 216-778-4450 if it has not already been arranged.

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